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Graphic art by SrA. Darek Malone

Department of Defense Dependent Schools as Lakenheath strive to meet U.S. Air Forces in Europe goals. To see how they have been graded, turn to Pages 14-15.

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<http://www.lakenheath.af.mil/current/jet48.htm>

A vital community partnership



By Col. Carl Van Pelt
48th Fighter Wing Commander

This week's "Jet 48" is about **partnership** – between the Liberty Wing community and the Department of Defense Dependent Schools program. It's a unique partnership with a lot at stake: our children's future.

Through our own innovations and commu-

nity involvement, we continue to create the kind of learning environment our children should have and parents expect. Forums such as the schools' executive committee, parent-teacher-student associations, and DODDS' school meetings give each of us the ability to address concerns, highlight opportunities, and shift course if necessary.

Gen. John Jumper, U.S. Air Forces in Europe commander, established seven goals to aid DODDS and USAFE communities in ensuring our children receive the kind of education they deserve. They're listed on Pages 14-15. He points out in his plan that, "*All of us – commanders, parents, school administrators, and educators – have a collaborative role to guarantee our children are ready to assume their responsibilities as citizens in our democracy and contributors to our society. We must all do our part.*"

I encourage every member of our community to take a look at the goals and see how we're doing in meeting them. And when you're reading them, *think of some way you can get involved and help out.* **Taking care of each other isn't only a Liberty Wing priority – it's the right thing to do, both for our community and our children.**

Liberty Wing Rule of Engagement (ROE)

Take care of each other and respect each individual's dignity. The most effective weapon versus depression or personal problems is the very, very simple act of someone honestly caring.

Use the action line program properly



By Col. James Ruttler
48th Fighter Wing vice commander

As military members, we're all familiar with the chain of command. It's what allows us to manage nearly every aspect of our mission. We use the chain of command because it has proven to be the most effective way to conduct daily operations in the military environment. While some may think the action line program doesn't need or use the chain of command, I believe otherwise. The action line is most effective when we use it to fix problems that the normal chain of command can't handle.

Let me explain.

The action line program is designed to

allow wing members to seek answers or action from the wing commander when they weren't able to resolve issues through normal channels. It is not the first step in the process. For example, if you receive bad customer service somewhere on base, try talking to the person or manager/supervisor to resolve the problem. If you have a question about why a program is run a particular way, contact the unit or agency that runs that program first. Give them a chance to prove one of the Rules of Engagement which says, "**every person wants to do a good job.**" It is just common courtesy to provide direct feedback so people can do as good a job as we all desire. They may not know there is a problem, or they may have a good explanation.

By the way, the person actually doing the work is the real expert, and we generally go to them first for information when working on action lines. If you have tried all of the above, and you have not resolved the matter, let your supervisor, first shirt or commander have a chance. They can provide very effective assistance in most cases; and they too want to help.

See Action line program on Page 4

Make inspection personal

By Lt. Col. Steve Depalmer
Surety inspection project officer

There are 66 days until the Liberty Wing demonstrates its daily commitment to teamwork and excellence in the surety mission. The U.S. Air Forces in Europe inspector general team will ensure we comply with operational instructions and guidance. To do well in the inspection, follow these four "keys to success."

Positive attitude

The IG team is checking our attitude, because attitude indicates how we do business. They will check every detail of our operation. The Liberty Wing is known for its professionalism and excellence, so we should approach this inspection as an opportunity to reconfirm that reputation. If the team finds something needing improvement, they will observe how we react. If we pass the details up the chain of command and follow our checklists and guidance, we will show the team that we aren't afraid of problems and that we constantly strive to do our job as well as we can. With a positive attitude, we have a chance of receiving the "Excellent" our hard work deserves.

Attention to detail

Inspect tools, equipment and checklists before using them in a critical event. If we find a problem and take steps to fix it, that problem becomes an insignificant discrepancy in a report. We may even receive recognition by the IG team for professionalism and attention to detail. However, if a bad piece of equipment, tool or checklist is used in a critical event, it will keep us from attaining that "Excellent" we are striving to achieve.

Accept responsibility

Everyone has to be current and qualified in tasks or we can't play. It doesn't matter how junior or how new to the wing – when we passed our qualification tests and demonstrations, we proved to ourselves, our peers and our supervisors that we are prepared to contribute to the Liberty Wing's success. The question is, are we still performing at the same level? Take a minute to evaluate your own personal proficiency – are you truly ready? Success in the surety mission takes time and practice. Don't wait until March to hop on the surety train.

Watch your buddy

We're a team and we need to

take care of each other. A surety inspection calls for perfection. The only way to ensure we don't make mistakes is to back each other up. Know the rules and procedures and take the initiative if someone deviates. If someone starts to make a mistake, stop him or her – no harm, no foul if we catch the mistake right away. Give others a chance to help you. Verbalize what you're going to do before you do it, while you're doing it, and after you do it. If someone raises a concern, stop, listen and think. Ask for a second opinion if necessary. Finally, if we make a mistake, don't hide it. A big part of this inspection will be to see what we do when a mistake occurs. Don't panic! Fix it by the checklist, pass the details up the chain, and doggedly follow up. This process ensures surety, safety, and reliability.

Surety inspection standards are high, and it's a tough job, but as our motto says, "The Liberty Wing gets the tough jobs done right, first time, on time." Our daily commitment to teamwork, preparation, and attention to detail will ensure success. Together we'll show the IG an excellent surety program because that is Liberty Wing standard. (Maj. Gary Webb and Col. James Ruttler also contributed to this article.)

Action line program

From Page 3

After you have tried the chain of command, the action line program is then available for you to find a solution. It allows the wing commander to selectively engage on problematic issues that only he can fix. Col. Carl Van Pelt is anxious to help where necessary, but his time is very valuable. We don't want to waste that valuable time on problems we can fix on our own. Let's save the really tough ones for him – he likes the challenge.

Nobody in the Liberty Wing should be afraid of problems. Let's work them as a team at the appropriate level. If we do things this way, you'll get answers faster, you'll allow your teammates to do their job, and you'll foster a sense of cohesion that will allow us to get better. That is good for everyone. In the end, if you need help and the wing commander is the appropriate level, then don't hesitate to call 7-2324.

Our assumption is that every person wants to do a good job. When our expectations are not met, it is nearly always a communication or process problem, not a person problem. We must ask ourselves, "How can I communicate better?" Comm Comm Comm: upwards, downwards, sideways and always with "why."

Your loss could be someone else's gain

By SSgt. Debra Fowler
48th Fighter Wing legal office

Presenting claims

Many claims are denied because the member failed to take reasonable steps to safeguard their property. The legal office does not pay every claim for theft. The member must show they took some steps to properly protect their property. If someone leaves a desirable or easily stolen item in plain view in his or her vehicle, we may not pay the claim. We also deny claims for property stolen from unlocked vehicles and homes. What many people do not know is that the legal office is further limited by Air Force Instructions on the amount it can pay for certain claims. For instance, can only make a total payment of \$120.00 for compact discs stolen from a vehicle, even if the member can prove a greater amount was stolen. Another common misconception is the belief that you can make a claim for any theft from your vehicle. We are only authorized to make payments for theft or vandalism at your authorized quarters or to your vehicle when it

is parked at your authorized quarters. If your car was broken into at someone else's house or in a shopping center parking lot, the legal office cannot pay your claim.

Payment problems

The legal office also faces problems with payment when members fail to report and document the theft or vandalism. To show proof of theft, you should report it to both the local police and the security police and keep a copy of the police report or report number. You will also have to be able to prove ownership of the item in some cases.

Property protections

People can protect property by taking basic precautions to prevent crime from occurring in the first place. For instance, members should always lock their home and car. People should not leave property, especially valuables, unattended in a car, even for a short time period. When parking a car off base, members should remove any indications of their military status, such as a registration card or

military clothing. Even the best security measures, however can't provide a guarantee against all crimes. Recognizing this, all members should obtain insurance on their personal belongings as well as their vehicles. Not all vehicle policies cover personal items stored in the car. Members should check their policy and obtain additional insurance if they so desire.

Final note

Not only is it very expensive in the long run for the member to assume the claims process can be used as a substitute for taking basic precautions and obtaining personal property insurance, but it also becomes expensive for the wing because all claims are paid out of operations and maintenance funds. Every dollar paid out in personal property claims means one dollar less to support our mission requirements. If you do have a circumstance that warrants filing a claim with the claims office, contact them at 7-6500 or refer to the legal office web page at lww on the Intranet for claims forms and other important information.

Aircraft again respond to Iraqi threats

WASHINGTON (AFPN) – Coalition aircraft have once more attacked an Iraqi missile site after being targeted by that country's radar.

The latest incident occurred at about 2:45 a.m. EST Jan. 11 as coalition aircraft conducted routine enforcement of the northern no-fly zone.

The aircrews acted in self-defense when they were "illuminated" by an Iraqi surface-to-air missile defense system. A European Command statement said aircrews struck the ground-based missile launch site because it posed a threat to coalition forces.

A flight of two U.S. F-15Es dropped two precision-guided bombs and an Air Force F-16CJ fired a high-speed anti-radiation missile at the launch site.

The incidents occurred near Mosul. There was no damage to coalition aircraft, and all aircrews returned safely to base.

Damage to Iraqi forces is currently under assessment.



Photo by SSgt. Vincent Parker

An F-15E Strike Eagle from the 494th Expeditionary Fighter Squadron returns to Incirlik AB, Turkey, Monday, after completing a routine Operation Northern Watch mission that ended in an encounter with an Iraqi missile site. The jet is missing an AMG-130, 2,000 lb. munition that was fired at the surface-to-air missile site in the northern no-fly zone.

2 meningitis cases reported at Lakenheath



By Col. Stephen Meigs
48th Medical Group commander

Two cases of bacterial meningitis have recently been diagnosed at RAF Lakenheath. We know this can create a lot of concern, and we want to keep you informed of the facts and the risks in this potentially dangerous illness. First, be assured that we are taking all of the necessary precautions to contain this disease, and to ensure that affected individuals are treated. To do this, we need to do our best to help everyone on base understand the disease, know the symptoms and know the importance of seeking medical attention early if symptoms appear.

Of our two recent cases, one is an airman from the 493rd Fighter Squadron, and the other is a Lakenheath High School teacher. Both are being treated in our hospital and are doing well. We have found no connection between them. In

cases like these, the public health office contacts all people who have been in close and prolonged contact with the patients. If judged at risk, they are given oral antibiotics as a preventive measure. This has been accomplished for these cases. People who have had casual or brief contact, such as being in the same room or casually talking with an infected person, are not at a high risk to catch this disease and don't require antibiotics.

While meningitis is a fairly uncommon disease, it is not rare. Each year thousands of cases are reported and successfully treated. More than 2,000 cases were diagnosed in the United Kingdom in 1997. It is considered normal to have an average of three to five cases per year in a population about our size.

Meningitis can be caused by either a virus or bacteria and is transmitted by droplets. Normally, for exposure there must be close contact such as kissing or sharing food. Many people who are exposed never develop symptoms as their natural immune system fights the disease. For others, the disease develops and can be fatal if untreated. Early diagnosis and treatment generally yield a good outcome. We are eager to answer your questions and are available to help with your concerns. You

may call public health at 7-8777 during duty hours and the emergency room at 7-3827 or 7-4226 after duty hours. You may also want to refer to the self-help book "Take Care of Yourself," or call the toll free, 24-hour personal health advisor line at (800) 896409 and speak to a nurse or use the audio library, selection #1064.

Again, there is no need for undue alarm, yet this is a significant community health concern. We will continue to provide you with important information on this issue as necessary.

What is meningitis?

Meningitis is a condition where a membrane covering the brain becomes inflamed. Commonly, there are two types of meningitis: bacterial and viral. Within these there are specific strains which vary in their severity. Generally of the two types, bacterial meningitis is less common but more serious.

Bacterial meningitis is caused by germs that commonly can be found in the back of the nose and throat, usually with no ill effects. Occasionally they wear down the body's defenses and meningitis occurs. Worldwide, meningitis is fatal for one in ten cases.

Viral meningitis is less serious and rarely results in fatality. Although sufferers may take some

time to recover from this unpleasant illness, full health is generally regained. Complications can occur when, for instance, meningitis is contracted after mumps. Thankfully, mumps occurs only rarely since a preventative vaccine for children became widely available.

Symptoms

There are various symptoms of meningitis, although they may not occur all at once. They include neck stiffness, rash, drowsiness or confusion, joint pain, vomiting, fever, severe headache and sensitivity to bright lights.

As babies can not inform us they feel ill, it is crucial to be aware of their symptoms and to be vigilant for them. These include fretfulness, high-pitched crying, pale or blotchy skin color, difficulty awakening and loss of appetite.

Treatment

The earlier meningitis is detected the better the chances of full recovery. As it is often difficult to diagnose whether a patient has the bacterial or viral form of the disease, antibiotics are usually given, although these are only effective against bacterial meningitis. Bacterial meningitis requires hospitalization, but the viral type can be treated at home.

Liberty engineers learn with Royal Engineers

By Capt. Mark Sloan
48th Civil Engineer Squadron readiness flight commander

Sixty-nine Liberty Engineers met their British counterparts, the 39th Royal Engineers, at 48th Civil Engineer Squadron's annual bivouac at Waterbeach Barracks in late October. The bivouac, a CE training requirement, was used to share the differing methodologies used by these to perform the same wartime tasks. The Liberty Engineers were able to demonstrate the Air Force standard folded fiberglass mat crater repair method for accomplishing RRR, otherwise known as rapid runway repair. The 39th Engineering Regiment commander, Lt. Col. Alan Macklin, stated that this was an impressive system.

The Royal Engineers were able to share their "three-crater repair" under time pressure as they prepared for their upcoming NATO certification test. The Royal Engineers, a Royal Army unit, accomplishes the engineering needs of the Royal Air Force, who do not have a unit like the U.S. Air Force's prime base engineer emergency force team.

The Royal Engineers are a very flexible unit that can perform many specialized engineering tasks. Their capability includes building bridges that can support heavy vehicles in only a four-hour installation time.

Included in the demonstrations was a joint operation of the Royal Engineers' launch and recovery equipment. Several U.S. airmen assisted the Royal Engineers in laying down a 30-meter long metal road used to support 30-ton vehicles in poor off-road conditions such as mud and soft sand. These "portable roads" are often used to gain access to remote aircraft accident sites where roads to support heavy vehicles do not exist.

"This was a great opportunity to share training ideas with our British counterparts as well as get a lot of our necessary training completed," said Maj. Joe Ballard, Prime BEEF camp commander. "It was a huge cooperative success."

The 39th Royal Engineers will next get the chance to prove their stuff to Americans in next year's Readiness Challenge. Teams from around the world will compete against U.S. Prime BEEF teams in several events ranging from hard-back tent construction to laying down airfield matting. Lakenheath's Liberty Engineers wait with baited breath to see if they will be chosen to represent U.S. Air Forces in Europe. A successful selection will mean another chance to interact with their engineering neighbors "just down the road."



Photos by A1C Joseph Lozada

Fire fighting familiarization

Top: TSgt. Stephen Carrico, 48th Civil Engineer Squadron fire department helps Col. James Ruttler, 48th Fighter Wing vice commander fight a simulated tailpipe fire.

Left middle: Carrico, SrA. Jamain Rouse and Leading Firefighter William Spratt explain the P-23 crash fire truck to Ruttler before using it to fight a simulated aircraft fire.

Left bottom: (from left) Carrico, Ruttler and TSgt. Alan Wilson, also 48th CES fire department, pose for a photo after Ruttler finished training.

Ruttler participated in a structural and crash fire fighting familiarization course Dec. 21. Col. Carl Van Pelt, 48th Fighter Wing commander, participated in the training in November.

AFOSI warns of possible tampering

RAMSTEIN AB, Germany (USAFENS) — Officials with the Air Force Office of Special Investigations are alerting shoppers to be aware of possible food-tampering involving Nestle products made and sold in Europe.

The AFOSI Region 5 here said the threat comes from a group that plans to buy the products, poison them and then return the products to the vendor or individual store. Agents say the threat is directed at the Nestle company and not at U.S. personnel, and it's from a group that doesn't have access to U.S. facilities.

"The bottom line is people should ensure any item they purchase is sealed and not tampered with," said Special Agent Harry Haynes of AFOSI Region 5. "Many people shop on the economy and should be especially vigilant."

The threat arose several weeks ago against Nestle products in Germany, specifically in the Edeka store chain. Italian media also reported this week that a group had added what may be rat poison to cakes made by Nestle.

Officials with the Defense Commissary

Agency and Army Air Force Exchange Service say shoppers are under no threat in on-base facilities, as their Nestle products come from the United States. Commissaries do carry one brand of yogurt on the list; however, it was pulled and has been subsequently cleared by commissary food safety officials.

Possibly affected items include those produced under the Nestle, Alete, Maggi and Thomy brand names, including Baerenmarke condensed milk; Yes, After Eight, Butterfinger and Kit Kat candy bars; Nescafe cappuccino; Schoko-Duo Mousse; Lc 1 Pur Yoghurt; Frischmilchbrei; Altamil; Junior Teller Sahne Broccoli; Fruechteglaeschen Aprikose-Birne; Feine Steinpilzsuppe; Pastaria Fusili In Kaesesosse; Fuenf Minuten Terrine Nudeln In Rahmsosse; Asia-Nudel-Snack-Rind; Sauce Bearnaise; Gourmet Delikatess Mayonnaise; and Gourmet-Sahne-Meerrettich Und Remoulade.

More information is available from local AFOSI detachments. (USAFE News Service)

More funds needed for readiness

Joint chiefs work to stem readiness decline, combat loss of people, reduce aircraft cannibalization

WASHINGTON (AFPN) – Calling the president's proposed injection of \$110 billion into the Pentagon's budget over the next five years a "good start," the Air Force chief of staff and other military service chiefs asked members of the Senate Armed Services Committee Jan. 5 to support a greater, sustained boost in funds for readiness.

The Joint Chiefs told the senators additional funds are needed to stem the continuing decline in readiness, combat an alarming loss of people and reverse increasing rates of aircraft cannibalization.

Gen. Michael Ryan, Air Force chief of staff, joined the chairman of the Joint Chiefs and the other service chiefs in requesting \$30 billion more in Air Force spending dedicated to readiness over the next six years. This is in addition to billions of dollars the president has already proposed for fiscal year 2000 pay and retirement benefit increases.

"We very much appreciate what the secretary of defense and the president of the United States have done in support of readiness," Ryan said in his opening statement. "We ask for your support in a continued campaign to provide our airmen with the needed equipment and the training and compensation to match the difficult missions we ask of them for their sacrifices and service."

Ryan's pride in Air Force people was evident.

"Our Air Force men and women, and their commanders, have done great work in keeping control of readiness declines despite heavy tasking and tough fiscal constraints," said Ryan. "Nonetheless, the mission-capable rates have declined."

The general told the senators his three readiness priorities are people, equipment and the training to employ both. He said if he "could put a bubble around this that enables it all to happen, it would be leadership."

Above all, the service chiefs agreed, Congress must press ahead with the president's previously announced fiscal 2000 overall 4.4 percent pay raises, additional targeted pay raises for mid-grade officers and noncommissioned officers and restoration of retirement benefits to 50 percent of base pay for 20 years' service.

"Restoring the retirement system, narrowing the pay gap and implementing pay table reform are three tangible efforts that our people deserve and appreciate," said Ryan.

Ryan noted the effect of retirement improvements and military pay increases announced Dec. 21 by the secretary of defense

and chairman of the Joint Chiefs of Staff.

"People are leaving the Air Force because they are concerned about their retirement benefits, their pay is not comparable to the civilian job market and their workload and the time they are away from their families is excessive," he said.

"All our people are looking forward to the actions that we take to provide fair pay and a retirement system," said Ryan. "They don't just need it, they deserve it. These moves respond to their concerns."

The next step, he said, is to ease the heavy operations tempo burden throughout the force. This, he said, extracts a high price on people and readiness. Ryan testified that establishing the expeditionary aerospace force, set for Jan. 1, holds promise for relief by giving airmen predictability and stability.

"Our people ask for stability," Ryan told the senators. "That's one of the first things they talk about when you go out in the force – stability and taking care of the families – and then they'll go do whatever we ask them to do."

"People continue to be our most vital resource – they are the most critical component of readiness," Ryan said. "The intense demands we place on them as they perform Air Force missions around the world require highly motivated, highly skilled, professional airmen. However, today we are performing more missions with fewer people. Indeed, today's active-duty force is the smallest in the history of the Air Force."

Air Force officials stressed that the president's fiscal 2000 defense budget, which is still under development, addresses many readiness concerns. Currently, the Air Force share of the overall Department of Defense budget appropriation is \$65 billion, which falls \$5 billion a year short of fixing the readiness problems. The official proposal goes to Capital Hill Feb. 1.

Maj. Gen. George Stringer, Air Force deputy assistant secretary for the budget, said the added dollars are needed "to do the job our nation has given us and to take care of our people."

"As best we can tell, the president's budget proposal to Congress will give us an added \$2.5 billion in FY 2000, or half of the \$5 billion we need," Stringer said. "Over the full six years, FY 2000 through 2005, we'd receive about \$20 billion more, or two-thirds of what we need."

That influx, he explained, will take care of critical near-term readiness needs – especially with respect to people and modernization – and arrest the decline in current readiness trends.

People are the key to readiness, Ryan testified, and "we must ensure they have a quality working and living environment. We have a \$4.4 billion real property maintenance backlog – and it's growing. We cannot continue to mortgage the infra-

"The next dollars will go toward improving our infrastructure, to include military family housing, and then to modernization enhancements in such areas as airlift, training, communications, space and selected weapon systems."

*– Maj. Gen. George Stringer
Air Force deputy assistant
secretary for the budget*

structure area of our force readiness – where our force works and lives – without significant long-term effects."

In the wake of large manning reductions, the Joint Chiefs agreed that the armed forces have too much infrastructure and too few people to man every site open today. The solution, they said, is more base realignment and closures throughout DOD. This would allow upgrades of infrastructure at the remaining installations.

If the Joint Chiefs' full requests were approved, "the next dollars will go toward improving our infrastructure, to include military family housing, and then to modernization enhancements in such areas as airlift, training, communications, space and selected weapon systems," said Stringer.

Above all, the general said, any influx of funds must be more than a one-time addition.

"We need a sustained infusion of dollars for the foreseeable future," he said.

Ryan strongly agreed.

"We are truly concerned about the downturn in readiness," he testified. "We must reverse these trends through substantial and sustained funding for the needs of our force. If not, the concerns reiterated today could turn rapidly into a readiness crisis tomorrow."

Asked as the hearing neared its end what the essential components of readiness are, Ryan said, "I think it's confidence. It's the confidence in their (airmen's) capabilities to do what we ask them to do, and that involves equipment and training and leadership. And it's the confidence in the future that they'll stay with us because they know that we will continue to provide them with the means to do the jobs that they need to do."

"And finally," he said, "it's the confidence that we'll take care of their families when we ask them to go do that."

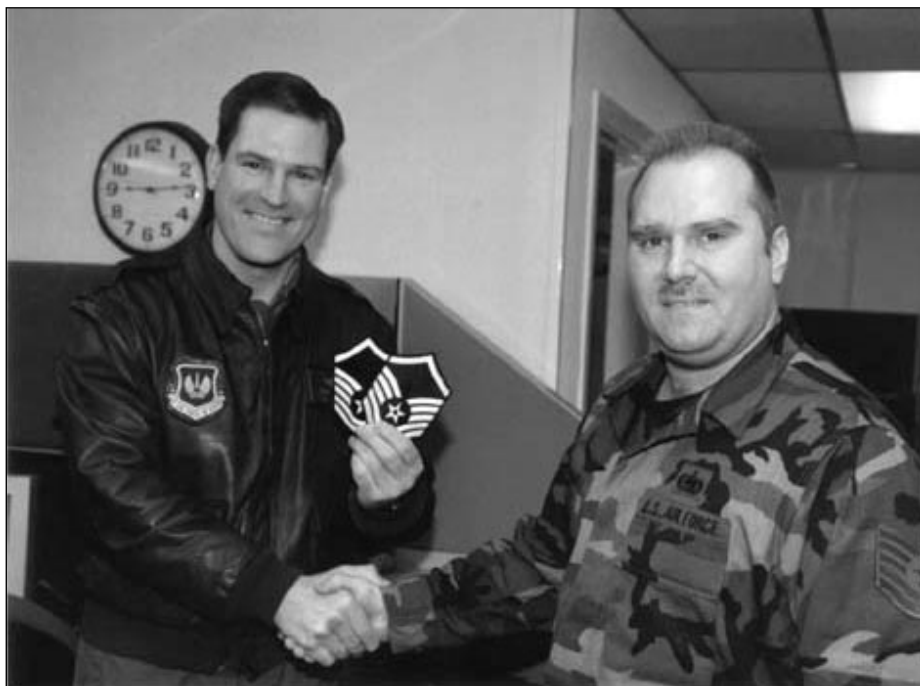


Photo by A1C Joseph Lozada

STEPping his way to the top

Col. Carl Van Pelt, 48th Fighter Wing commander, presents MSgt. Dewayne Zingarelli, 48th Supply Squadron, with his new stripes, which he received through the Stripes for Exceptional Performers program Wednesday.

News notes

Community meeting

RAF Lakenheath is holding community meetings from 6:30 to 7:30 p.m. Tuesday and Wednesday in the RAF Lakenheath High School auditorium. On and off-base personnel may attend.

Telephone outage scheduled

All non-commercial RAF Lakenheath and RAF Feltwell on-base telephones will have no dial tone for five to 15 minutes at 8 p.m. Saturday. The outage is needed for software upgrades. The wing operations center, hospital, and SpaceCom phone systems will lose DSN capabilities only. Billeting's phone system will lose both DSN and commercial access capabilities. Call 7-3292 for details.

Power outages slated

A power outage is slated for 8:30 a.m. to 4:30 p.m. Tuesday. The British Telecom exchange and military family housing buildings 400 to 406, 408, 410, 412 and 413 to 417 will be affected.

Call the 48th Civil Engineer Squadron customer service at 7-2442 for details.

Retraining list available

The fiscal year 2000 first-term retraining list is now available. The listing is applicable to all first-term airmen who have a date of estimated return overseas of September 1999 to August 2000. People may apply 15 to nine months prior to your DEROS which means you can start

Mandatory officers' call slated

An officer professional development seminar is at 4 p.m. Jan. 22 in the officers' club ballroom. The topic of the seminar will be "air power." These seminars are officer calls and are mandatory for all RAF Lakenheath officers.

your application the first day of your 15th month and it must be handed in no later than the last day of the ninth month before your DEROS. Those with a September 99 DEROS who are interested must see the military personnel flight immediately. To review the listing and apply if interested, see classification and training at the military personnel flight, room 221 or call 7-3623 or 7-5138 for more information.

Payments shortages

There's a problem with some paychecks for the Jan. 15 pay period, and some people were underpaid. Local finance offices are contacting those affected; however, some may slip through the cracks, so check your leave and earnings statements.

Induction ceremony slated

A noncommissioned officer appointment ceremony is slated for 4 p.m. Feb. 1 at the Liberty Club for all service members who are sewing staff sergeant on in February.

Liberty Warrior

'Can do' person of the week



Photo by Amn. Russ Martin

Sr. A. Coy Hartin 48th Communications Squadron

Hometown: Being a military dependent, the last place I called home was Willingboro, N.J.

Time in service: Five years and one month

Time on station: Three years

Role in mission: I perform telephone surveys for RAF Lakenheath and RAF Feltwell community in providing most cost-effective solution to your telecommunication needs.

Hobbies: Volleyball and collecting of movies, music and comic books.

Favorite movie/book: Any books or movies with James Bond.

Favorite color: Purple

What advantages are there to being stationed here? The advantage I have had being here is being able travel around Europe. I have been places that my friends and family only dreamed of.

What was the last book you read? Why did you read it? "Eyeball to Eyeball: The Cuban Missile Crisis." I was reading it for my college classes and found the book interesting.

If you could live in any period of history, when would it be? Why? I would stay in this period of time. There is so much happening in this era, and I get be a part of it.

If you could be any character in any book or movies, who would you be and why? I always wanted to be a secret agent in an Ian Fleming novel the James Bond author. I am fascinated with the lifestyle that his characters live.

What's your favorite region of the United States and why? Of all the places I lived, the southern region has to be my best choice. I enjoy the food and the southern hospitality.

How will you celebrate the millennium? I will spend it with my family and friends.

Wing works vigorously

By Col. Carl Van Pelt
48th Fighter Wing commander

At the start of the 1998/1999 school year, the U.S. Air Forces in Europe commander, Gen. John Jumper, published a USAFE vision in regard to dependent education. That vision stated, "A world class educational system that inspires and prepares all students for success while capitalizing on the uniqueness of a European assignment."

To achieve that vision, seven goals were set for the command to follow to ensure dependent education, and the military and Department of Defense Dependent Schools partnership, earned the right focus. We've listed Jumper's seven goals below, followed by our assessment of how we're doing as a community to achieve those goals.

Goal #1 – Encourage vigorous parental participation in dependent education

Our efforts to achieve this goal involve a two-pronged approach. First, we've launched a sustained media campaign to inform the entire RAF Lakenheath and Mildenhall community of schools-related issues, scheduled meetings and forums. This is the second edition of the "Jet 48" that's dedicated to DODDS, and hopefully you've noticed that we've incorporated a DODDS message in every weekly edition as well. The second prong is the home-school partnership program, the overarching element of the DODDS school improvement plan. Our program is two years ahead of the Department of Defense Education Activity implementation goal, and exists to promote the necessary joint educator and parent participation that's needed to promote the social, emotional and academic growth of our children. The Lakenheath and Mildenhall communities have come together in supporting the partnership concept – participation has been outstanding. We remain committed to keep everyone informed of scheduled events, with continued advice on how you can help. We encourage you to check with your child's school to specifically find out more about how you can become more involved in the home-school partnership program. So, how are we doing in achieving USAFE Goal #1: I'd give us an "A+."

Goal #2 – Energize established forums for parent and school official interaction

The RAF Lakenheath and Mildenhall communities have extremely active and effective forums for parental par-

ticipation in the education of our children. Parents have the opportunity to voice concerns through school town meetings, school advisory councils, parent, teacher, student associations, booster clubs, and the installation advisory council. These forums have enhanced communication, improved understanding and resolved issues that include student smoking policies, school lunch programs, locker availability, class passing times, as well as a host of others. Each meeting further enhances the education process, and sets expectations that are shared by students, educators and parents. Most importantly, critical community education issues are being solved at lower levels, where the problem is best understood. There is no limit to how many folks can participate in these forums – we continue to challenge you to become involved, and come to the table with some proposed solutions to those problems that are bothering you. In four short months, we've made huge strides in achieving USAFE Goal #2: I'd give us an "A."

Goal #3 – Institutionalize strong commander involvement in dependent education as a quality-of-life issue

We have completely embraced the fact that dependent education is a critical quality-of-life issue. Providing our children a comfortable, safe environment in which to learn is one of our most important command issues – and we've got a great partner in DODDS. We've been able to



Photo by Amn. Russ Martin
Col. Carl Van Pelt, 48th Fighter Wing commander, reads to a RAF Lakenheath Elementary School class of children as part of the National Children's Book Week. Van Pelt's and other commanders' work has shown the strong commander involvement Lakenheath has in dependent education.



Photo by [unclear]
Lillian Gonzales, DODEA director, (fourth from left) discuss influence planning for dependent education in Europe with 48th Fighter Wing commander, Col. Allan Swaim, 3rd Air Force commander, and Col. Steve Ehrlich, 48th Support Group commander, and others.

develop an aggressive military construction program that has added classrooms, renovated buildings and installed state-of-the-art local area networks. In fact, funding has been approved and design is underway for a new middle school gymnasium and an elementary school addition at RAF Feltwell, totaling \$7 million. Those projects will be awarded next January. Then, we'll see the construction of a \$23 million RAF Feltwell Middle School in 2002. And, as you know, renovation of the Lakenheath Elementary School is underway right now. Further, we've placed a huge emphasis in helping DODDS administrators get the right kind of maintenance work done as well – in addition to completing more than \$400,000 in facility work orders last year, we were also able to relocate office space at RAF Feltwell to allow expansion of science laboratories for our middle-school students. We will continue to keep dependent education, today and future, at the "point" of our quality of life decisions. Our grade in achieving USAFE goal #3 = "A."

Goal #4 – Support DODEA goal of accountability for school improvement and student achievement

A pillar of the DODEA Strategic Plan is a goal for DODDS to be accountable for school improvements and student achievement. The desired end-state is children who are prepared for continued education, at or above the same level as the best U.S. school districts. In September, DODEA issued updated curriculum standards to inform parents of the educational requirements established in four major subject areas – language arts/reading, math, science and social studies. That is –

y to meet USAFE goals



by Amn. Russ Martin
discusses ways to
Col. Carl Van Pelt,
r Force vice com-
mander, among

they've got a great plan to prepare our children for the future. Now it's up to us to join them in the education process by becoming familiar with what our students should be learning at their given grade-level. As a baseline, you'll be happy to know that in the statistics that compare DODDS-educated children with children educated in Fairfax County, Va., the DODDS and Lakenheath students do graduate with the tools necessary to compete for admission to prestigious universities. DODEA has made us a promise – and they are delivering, but this is an accomplishment that

goes beyond traditional classroom education. We challenge you to take every opportunity available to meet with your child's teachers so that they understand that we will continue to expect nothing less than a first-rate education for our children, and that we consider ourselves an integral part of our children's academic success. How we measure our overall success will vary from student to student, but the fact that we've got most parents teamed with educators to prepare our children for the future earns us a "B+." We'll get better as the entire community understands that this is a joint effort.

Goal #5 – Influence planning for dependent education in Europe

Although this goal is best applied at higher levels, we realize that we too have a crucial role in providing constructive feedback to DODDS. We've expressed your concerns regarding MathLand, and met with success. Soon, supplemental teaching materials will be in our schools, and the curriculum will provide more of the traditional computation tools needed by students and desired by parents. Through a cooperative effort, we've been successful in aligning USAFE family days with school in-service days, in an effort to match DODDS and USAFE days off. Additionally, we recognize that the school day starts before children reach the classroom, and we've worked very hard with the local DODEA transportation office to apply "community unique" bus transportation policies. With that, we've been successful in obtaining permission for some students to ride space available to school-age programs, and have obtained DODEA funding for a pilot program to hire adult safety assistants to ride on selected school buses. Much like USAFE goal #1, our metric for success here is properly channeled community involvement. We're doing very well, and DODEA is responding – give us an "A."

Goal #6 – Reinforce a healthy military-DODDS relationship

Here at RAF Lakenheath and Mildenhall, we take great pride in having established USAFE's only schools executive council. This is a forum that meets monthly and is chaired by the 48th Fighter Wing commander. Also in attendance are the 100th Air Refueling Wing commander, the 48th and 100th support group commanders, the United Kingdom DODDS district superintendent, principles from each school and the schools liaison officer. The purpose of this meeting is to communicate mutual expectations, and surface ideas and concerns that affect the military/DODDS partnership. It gives us a chance to track special-interest items, such as building safety and school security plans, and discuss overarching school and installation policies. This small group has been very successful in bridging the gap between community leaders representing their airmen, and school leaders representing those who actually teach our children. Minutes of this meeting are widely distributed to all wing, group and squadron commanders, as well as to representatives of all advisory councils. On a larger scale, our groups have "adopted" individual schools, and can be found sponsoring programs and mentoring young children. DODDS welcomes all organizations to become involved in the education process. How healthy is the relationship between the Lakenheath/Mildenhall military community and DODDS? We're partners in our children's education – Grade = "A+."

Goal #7 – Enlist the support of others to improve dependent education

From the RAF Lakenheath and Mildenhall perspective, we know that there are experts within and outside of our community who can enhance the education of our children. For example, we have initiated an active working relationship with local British schools to share ideas and new concepts in the field of education. Our security forces personnel continue to offer talent and time to help our schools prepare for unknown threats, as well as administer the D.A.R.E. program. When given the opportunity to meet with Lillian Gonzales, DODEA director, we were able to effectively express our concerns regarding all-day kindergarten, teacher-to-student ratios and summer-school programs. Efforts are now underway at DOD to fund all three initiatives in the near-term. Additionally, following our request, we've recently been told that



Photo by SrA. Scott Asche
Col. Stephen Meigs, 48th Medical Group commander (left), speaks with (from left to right) Melissa Walker and Kristin Smith, both eighth-grade students at the Lakenheath American Middle School, while Liz Dunham, assistant principal looks on. The 48th MDG has adopted the Lakenheath American Middle School and participated in this "meet-and-greet" event to show the group's and 48th Fighter Wing's commitment to education and to plan school-partnership programs for the upcoming year.

the RAF Lakenheath and RAF Feltwell schools have been selected to test the "First in USAFE" program to install safety assistants on selected school buses. We think this initiative will go along way in improving the physical safety and emotional well being of our children. We'll continue to think "outside the box" as we look for ways to improve the DODDS educational experience for our children – as always, we solicit your feedback. We're doing a good job of identifying our needs and seeking help when appropriate. Our grade in achieving USAFE goal #7 = "A."



Photo by Amn. Russ Martin
Andrew Zacharias, United Kingdom DODDS district superintendent (left) has enlisted the support of Lillian Gonzales, DODEA director, and others to improve dependent education here.

Celebrating Scotland's most famous poet

Jan. 25, 1759, is the birthdate of Robert Burns, Scotland's most famous poet. The anniversary of his birthday is celebrated with a special supper and is known as Burns Night. For Scottish people worldwide, it's a pretty important event. This is how it is celebrated.

Burns Night supper

A very simple celebration involves eating a special meal of haggis and bashed neeps, which are mashed turnips, to which whisky is drunk as an accompaniment. The content of haggis may seem a little unappetising. It contains chopped mutton (including the liver and heart), oatmeal, suet and spices and is encased in sheep's gut, which is boiled before being served with a mixture of vegetables, usually mashed turnips and potatoes, or tatties.

When the gathering is a large formal one, there is a great deal of ceremony involved. When the guests are seated for the banquet, a piper pipes in the haggis and places it on the head table. Then the master of ceremonies stands up to "address" the haggis, reciting Burns's "Ode to the Haggis" before cutting it with a Scottish dagger, a skean dhu which is still worn with traditional Highland dress. The haggis is then passed around and eaten by the guests.

Dinner is normally followed by readings from Burns's works and the singing of Scottish songs.

There are also a number of speeches by guests, all of which must have a

Burns theme. The speeches include some aspect of his life or an examination of the causes he championed, such as the French Revolution. While all this is going on, copious quantities of whisky are drunk to encourage the speakers, and good speakers are cheered loudly.

The poet

Burns was born in Alloway, near to Ayr in the southeast corner of Scotland. He was the eldest of seven children born to William Burness, a tenant farmer. Poverty curtailed his formal education, but Burns read widely in English literature and taught himself to read French. His father encouraged Burns's self-education, and his mother made him familiar with



Scottish folk songs, legends and proverbs.

After a failed attempt at business, Burns returned home penniless and when his father died in 1784, he became the head of the family. The rented farm that he and his brother occupied also failed, so Burns was eventually appointed to the Excise Service. By this time he was married and had four children to support.

His first poems were composed around 1780. His later work consisted almost entirely of songs, including original compositions and the adaptation of traditional Scottish ballads and folk songs, including "Auld Lang Syne."

Burns captured the countryside and humble farm life in his works. He was an outspoken champion of the Republican cause at the outbreak of the French Revolution, and this stance alienated many of his admirers, some of whom shunned him.

The Burns Heritage Trail

The Scottish Tourist Board and local authorities have developed a heritage trail which links the places associated with Robert Burns. It begins at his birthplace in Alloway and travels to Dumfries where he died in 1796.

Scotland in general

Visiting Scotland any time is always a pleasure, not least because of the very warm welcome you will receive. The scenery is spectacular, and varies widely from the lowlands to the rugged highlands and the many islands off the mainland.

Some of the world's most famous golf courses are located in Scotland, for example St. Andrews, Troon and Turnberry, and Scotland is also famous for its salmon fishing. There are several fairy-tale-like castles just oozing history. Traditional Highland games take place during the summer months. There is now a permanent memorial to William Wallace in Stirling, and the face on the statue bears the features of Mel Gibson who played Wallace in the film Braveheart.

Note

You may be surprised to see some unusual-looking currency in Scotland. The currency is not different, but Scotland still has a pound note, and also their own £5, £10, £20, £50 and £100 notes. If you are given Scottish notes in your change, remember that they will be legal tender in England, so you don't have to spend it all before returning to England. You can also take them to a High Street bank that will change them for you.

For more information about living in Britain, call me at 7-3415 or e-mail me at linda.laws@lakenheath.af.mil.





Photo by A1C Joseph Lozada

Instructor + volunteers = tutors

RAF Feltwell Middle School sponsored a math tutoring event Tuesday. The event was a partnership between middle school employees and parents to help parents participate in the education of their children. Call David Aaron (01842) 828245 for more information.

Survey shows schools satisfaction



By Andrew Zacharias
Department of Defense Dependent Schools
Superintendent

Students, parents and teachers in 100 Department of Defense Dependent Schools were selected to be part of a survey which was conducted in May to provide DODEA officials with information about the satisfaction "stakeholders" had with DODDS schools. The survey asked DODEA customers to rank from 1-10 major quality indicators such as school busing, administration and teachers, computer technology, communication and involvement, equipment and facilities, and curriculum and training.

Responses came from the 100 schools which were randomly selected and included the 15 framework schools. Four of these 100 schools were from the UK District: Alconbury High School, Iceland Elementary School, Lakenheath Elementary School and Liberty Intermediate School. The total number surveyed included 10,149 elementary students, 11,029 high school students, 3,298 teachers and 10,563 parents.

Responses in all categories were high, with most quality indicators scoring a rating of 7 or better. Elementary students rated their main teachers (8.4) and computer technology (8.1) the highest. Secondary students indicated they were most satisfied with their school counselor (7.4) and computer-technology opportunities (7.1). Teachers rated their career (7.9) and levels of administration (7.5) the highest. Parents were most satisfied with their child's teachers (7.5), administration (7.1), computer technology (7.1) and equipment and facilities (7.1).

This survey was a result of the DODEA Community Strategic Plan Goal that states that by the year 2000, DODEA will be more service-oriented as measured by customer support, organizational effectiveness, efficiency and quality of management.

The 100 schools will be surveyed again in the spring of 2000 to measure improvements; and the remaining DODEA schools will be surveyed in the spring of 1999 and 2001.

Briefs

Scholarships available

The Community Scholarship Association, whose committee is made up of the RAF Mildenhall and RAF Lakenheath's Enlisted and Officers' and Civilians' Spouses Clubs, has scholarships available for vocational school-bound and college-bound RAF Lakenheath High School seniors and graduating dependents attending British schools. Scholarship selection is based on the students' grades, ACT/SAT scores, course load difficulty, extracurricular activities and students' goals and ambitions. Applications will be available from Diane Howder, the Lakenheath High School counselor, starting Tuesday. Application deadline is March 20.

Liverpool trip slated

In commemoration of Black History Month, George R. Barnes #171 is sponsoring a trip to the Slavery Trail and Museum in Liverpool Feb. 6. Tickets are £20 and include round trip fare, guided tour and lunch. Call Kenneth Lasker (01638)-713749 or Lee Wright (01638)-714578 for more information.

Council gives CGOs a voice in Washington

The Air Force Association's junior officer advisory council, which includes lieutenants and captains representing major commands, the Air National Guard, Air Force Reserve and other Air Force organizations, meets several

times a year to discuss the concerns of their peers. The council prioritizes key quality-of-life issues and provides them to AFA each fall for its annual personnel policy paper that goes to Congress.

In 1998, the council's top three issues were: affordable, accessible military healthcare; pay increases to match private sector growth and keep up with inflation; and restoration of the 50 percent at military retirement pay. These issues, along with several others, are included in AFA's policy for 1999 which can be viewed on AFA's web site, www.afa.org. Additionally, the AFA junior officer advisory council members provide input and ideas to senior Air Force leadership.

The first advisory council meeting for 1999 will be Feb. 5 to 8 with the primary focus on issues affected by legislation. Company grade officers with suggested issues may provide them to the United States Air Forces Europe representative, 1st Lt. Wes Cox, at 89-2347 or wes.cox@mildenhall.af.mil no later than Jan. 30.

Classes

The American Red Cross offers healthy pregnancy and healthy baby classes from 6:30 to 8:30 p.m. Tuesday and Jan. 26 in the health and wellness center conference room. A volunteer orientation class is at 9 a.m. Wednesday at building 975. Call 7-1855 for more information.

Anyone interested in becoming a babysitting instructor should call 7-1855 for more information.



The champions

Courtesy photo

The Dec. 20 to 22 Girls Holiday Classic Basketball tournament champions, the Lady Eagles #1. Back row from left: Ebone Greene, Angela Myers, Ashely Byrd, Sarah Daughtery, Samantha Garrison. Front row from left: Assistant coach Terrence Crenshaw, Natasha Valley, Kristen Smith, Coach Gary Myers, Rachel Daughtery, Jenna Wood, Alexys Myers and assistant coach Amy Back.

Services

Community center opening

The RAF Feltwell Community Center and Satellite Dish snack bar opens with a ribbon-cutting ceremony at 11:30 a.m. Wednesday. Following the ceremony, staff members give free pizza and sodas. There will also be food tastings from the Satellite Dish's new menu, entertainment, door prizes and demonstrations. Call 7-7291 for more information.

Auto all-nighter

The auto center has an all-nighter from 9 a.m. Friday to 9 p.m. Saturday. Call 7-2454 for more information.

Steak night

The officers' club offers two steaks for the price of one Tuesdays. Senior and kiddie menus are also available. Call 7-2535 for more information.

Chinese food night

The officers' club offers an Oriental no-limits buffet from 5 to 8 p.m. Jan. 28. Reservations are recommended. The event is open to all. Cost is \$9.95 for members and \$12.95 for non-members. Call 7-2535 for more information.

Spouses' call

There is a wing spouses' call at 5:30 p.m. Jan. 22 at the officers' club. Col. Carl Van Pelt, 48th Fighter Wing commander, will be on hand to discuss the recent deployments to Cervia, Aviano, and Incirlik as well as other related deployment issues. All spouses are highly encouraged to attend.

Fair

The RAF Lakenheath Community Center sponsors a flea market and sport-card-and-comic-book fair from 10 a.m. to 4 p.m. Jan. 30. Flea market tables are \$5 a table. Sport card tables are \$10 a table. Entry is free for buyers. Sign up for tables in advance. Vendors must be 18 years old or older. Call 7-2221 for more information.

Football frenzy

The Liberty and officers' clubs offers members a chance to watch Super Bowl XXXIII for free. Non-members will be charged a fee. There will be food, prizes, giveaways and drink specials. Pre-game starts at 9 p.m. Jan. 31 at both clubs. Call the Liberty Club at 7-2489 or the officers' club at 7-2535 for reservations or more information.

Pre-school enrichment openings

The youth center has morning and afternoon class openings for the pre-school enrichment program. There are two- and three-day sessions. Fees are determined by family income. Children must have turned 3 years old by Oct. 31.

Creative memories classes

The Shepherd's Grove Community Center offers a page-layout class from 1 to 3 p.m. Tuesday. Cost is \$10. The center also offers "crop till you drop" from 2 to 6 p.m. Jan. 23. Cost is \$12. Participants must be 16 years of age or older. There are a minimum number of participants required. Call (01359) 250269 for materials required.

At the movies

RAF Lakenheath

Today

7 p.m. - "Star Trek: Insurrection" (PG) Starring Patrick Stewart and Jonathan Frakes. Jean-Luc Picard travels to a planet that is a virtual fountain of youth. He discovers a dark conspiracy and leads an armed resistance to protect the alien inhabitants of the idyllic world.
10 p.m. - "What Dreams May Come" (PG-13) Starring Robin Williams and Cuba Gooding Jr. For Chris Nielsen, his love for his wife Annie defines the core of his being and completes his soul. After his untimely death, Destiny decrees that he must journey to the very depths of Hell to be with her, and he does.

Saturday

4 p.m. - "Star Trek: Insurrection" (PG)
7 p.m. - "Star Trek: Insurrection" (PG)
10 p.m. - "Holyman" (PG) Starring Eddie Murphy and Jeff Goldblum. In a last-chance attempt to revive sagging ratings, Ricky Hayman, a desperate TV station manager, hires G, an inspirational guru, to hawk wares on air. When he does, The Good Buy Shopping Network has a turn-around.

Sunday

4 p.m. - "Might Joe Young" (PG) Starring Bill Paxton and Charlise Theron. Mighty Joe Young is a 15-foot gorilla from Africa brought to a California animal preserve for protection. Threatened and confused, he escapes, leaving a trail of destruction and chaos.
7 p.m. - "Star Trek: Insurrection" (PG)

Monday

7 p.m. - "Apt Pupil" (R) Starring Ian McKellen and Brad Renfro. Sixteen-year-old Todd Bowden has uncovered a deadly secret. A Nazi war criminal has been quietly living in Todd's hometown. The two begin a relationship that spirals out of control, producing terrifying results.

Tuesday

7 p.m. - "Holyman" (PG)

Wednesday

7 p.m. - "Bride of Chuck" (R) Starring Jennifer Tilly and Brad Dourif. The world's most notorious doll is reunited with Tiffany, the former love of his human life, when she rescues his remains and patches him together. However, Tiffany's plan for Chuck's backfires when he demonstrates his love for her.

Thursday

7 p.m. - "Star Trek: Insurrection" (PG)

RAF Mildenhall

Today

7 p.m. - "Holyman" (PG)
10 p.m. - "Mighty Joe Young" (PG)

Saturday

10 p.m. - "Mighty Joe Young" (PG)
10 p.m. - "Soldier" (R) Starring Kurt Russell and Jason Scott Lee. In the future, battles are fought by men who have been selected at birth, stripped of their individuality, separated from society and raised with one overriding opinion: kill or be killed.

Sunday

4 p.m. - "Wizard of Oz" (PG) Starring Judy Garland and Frank Morgan. Dorothy is knocked unconscious and the entire house with Dorothy and her dog Toto inside is lifted up into a funnel cloud to be deposited in Munchkin City, in the Country of the Land of Oz.

Monday

7 p.m. - "Practical Magic" (PG-13) Starring Sandra Bullock and Nicole Kidman. In a small New England town, two sisters in a family of conjurers who have been cursed for 100 years struggle to use their hereditary gift for guiding fate through magic to overcome the obstacles in finding true love.

Tuesday

7 p.m. - "Soldier" (R)

Wednesday

7 p.m. - "Practical Magic" (PG-13)

Thursday

7 p.m. - "Mighty Joe Young" (PG)

Community tests safety program

Department of Defense Dependent Schools European Transportation Management Office has selected school buses serving the RAF Lakenheath, RAF Mildenhall and RAF Feltwell community for a pilot program to increase student safety.

DETMO officials from Germany and the United Kingdom met with 48th Support Group leaders on Jan. 5 to outline and launch a new program that will place paid adult safety assistants on several buses. The target start date for getting the program underway is late February.

These carefully selected and trained adult safety assistants will ride school buses on a randomly rotating schedule, proving proactive, personal interaction with students to ensure they know and practice bus safety.

In partnership with DETMO U.K., the support group will recruit, hire, and supervise the safety assistants. They will be jointly trained by DETMO and base elements and assigned to ride buses under DETMO scheduling guidance.

Details of qualification and hiring procedures and the actual start date for this program are being finalized, but both the United States Air Force and DETMO officials are optimistic that safety attendants can be in place before the end of February.

Losing weight after the holidays



By Maj. Frank Thornburg
Health and wellness center

Many of us would like to lose some weight, especially after Thanksgiving and Christmas. One in two Americans is too heavy and almost one in four of us is obese. Extra weight is linked with health problems including some types of cancer, heart disease, diabetes and hypertension.

Unfortunately, not everyone knows how to go about losing weight in a safe, healthy way. Americans spend billions of dollars each year on bad diet advice and phony, sometimes dangerous, products. The following are 10 tips for trimming down.

❑ Eat your Fs and Vs. Your mom was right when she said eat

your fruits and vegetables. Satisfy your hunger with fewer calories and more nutrition at meal-times by eating plenty of vegetables and fruits. You won't want larger portions of higher-calorie foods like meats, cheeses and desserts.

❑ Move every day. Think of physical activity as a part of your daily routine, like brushing your teeth. Physical activity can increase the amount of calories you burn today, and will speed metabolic rate for good by building muscle. Being active may also help you control food cravings, have a more positive outlook and feel better about yourself.

❑ Debunk the "fat-free" myth. Cookies, candies, chips and frozen treats may be labeled fat-free, but portions count, and calories can mount. A "fat-free" label is not a license to reach the bottom of the bag. Eat these foods in moderation.

❑ Give your food the attention it deserves. Don't munch while watching TV, driving or doing chores. Slowly savor food, and you will feel satisfied with less.

❑ Snack from a plate, not a

package. Absentmindedly snacking from the pack can lead you to eat more than you realize.

❑ Lend your stomach an ear. This simply means asking yourself if you're hungry before you eat, and asking yourself if you're satisfied so you can stop eating. Boredom, loneliness, anxiety and habit don't equal hunger and eating until you are stuffed is over-eating. If you haven't listened to your body for a long time, keep practicing – the signals will become more clear.

❑ Address emotions. Eating to deal with stress, emotions or boredom won't solve your problems. It will only add calories to your diet and pounds to your frame, usually without the satisfaction of even tasting the food. Find other ways to relax, cope or entertain yourself. Call, write to or e-mail a friend, go for a walk, soak in the tub, read, do crossword puzzles – try to meet your needs and address your emotions without food.

❑ Resign from the "clean plate club." Refrigerate leftovers for tomorrow's lunch, take half of large restaurant portions home or try

planning something enjoyable to do after meals so you don't keep eating just to procrastinate. If you enjoy lingering at the table, remove your plate so you won't be tempted to nibble.

❑ Avoid the "Now I've blown it!" syndrome. A large meal, an indulgent treat or a day without exercise doesn't mean a thing. There are no bonus points for perfection – just try to make choices over the weeks and months that add up to a healthy diet. You don't have to feel guilty after enjoying a brownie, just make more nutritious snack choices for the rest of the week.

❑ Take things one step at a time. Research suggests that even modest weight loss can benefit your health, so focus on slow weight loss, instead of trying to lose too much too fast. Better yet, try making your lifestyle healthy – the weight loss will eventually follow. (Source: "Newsletter on Diet, Nutrition and Cancer Prevention.")

For more information on exercise, weight management and cancer prevention, contact the health and wellness center at 7-HAWC.

Sports shorts

Aerobics

The fitness and sports center offers a "Funky Step" aerobics class featuring Dean Hodgkin, the 1982 World Karate Champion. The class is from 10 to 11:30 a.m. Saturday at the skating rink. Call 7-3607 for information.

Scotland skiing trip

Sign up at outdoor recreation for a ski trip to Scotland Feb. 13 to 15. Cost is \$325 per adult. The price includes three days of skiing, accommodations at the Highlander Hotel, lift passes, half board meals and transportation to the slopes. A 50 percent deposit must be made by today. Call 7-3820 for more information.

Golf tournament

The golf course sponsors the "good walk spoiled golf tournament" Saturday. Participants play with only two golf clubs of their choice. There will be gross and net winners. Entry cost is \$15, and there will be a green fee of \$7 for non-members.

Fencing club

The Lakenheath fencing club begins

classes at 7 p.m. Jan. 27 at the Lakenheath High School. Classes will be from 7 to 9 p.m. Mondays and Wednesdays. Initial equipment costs run from \$100 to \$120, and lessons are free. Call Jeff Sgarlata at (01638) 661110 for details.

Basketball invitational

The fitness and sports center sponsors the 1999 RAF Lakenheath Men's Basketball Invitational from Saturday to Monday. Cost for a team to participate is \$200 or £140. The first game begins at 8 a.m. Saturday. Call 7-5067 or 7-3879 for more information.

Hockey players needed

The base ice hockey team is looking for players and anyone with coaching experience for current and future seasons. Call 7-1510 or 89-4617 for more information.

School winter sports

Today is male and female basketball at Ramstein AB.

Saturday is wrestling at RAF Alconbury and male and female basketball at Ramstein AB.

Jan. 22 is male and female basketball against Wuerzburg.

Jan. 23 is wrestling at Giessen and male and female basketball against Wuerzburg.

Jan. 29 is wrestling at RAF Lakenheath and male and female basketball at Wiesbaden AB.

Jan. 30 is wrestling at RAF Lakenheath and male and female basketball at Wiesbaden AB.

Feb. 5 is wrestling at Heidelberg and male and female basketball at Kaiserslautern AB.

Feb. 6 is male and female basketball at Kaiserslautern AB.

Wrestling division championships is Feb. 12 at London Central and male and female basketball is Feb. 12 at Heidelberg.

Wrestling division championships is Feb. 13 at London Central and male and female basketball is Feb. 13 at Heidelberg.

Wrestling regional championships at Brussels is Feb. 19 and 20, and male and female basketball European Championships at Mannheim is Feb. 18 to 20.

Wrestling European championships at Mannheim is Feb. 26 and 27.

Colourama bowling

Liberty Lanes offers colourama bowling at 7:30 p.m. Saturday. Cost is \$15 per person. There are jackpots and prizes to win. Call 7-2108 for details.

Where are the diamonds in the rough?



Photos by Amn. Russ Martin

Above left: Matthew Trombley is lifted up by Vince Walker so Trombley can make a dunk in the youth center's gym where open basketball takes place after school.

You might find a Bruce Lee here. You might find a Fred Astaire here. Future Michael Jordans or even Mark McGwires. Possibly a Pele or even Wayne Gretzkey.

Where are they, the stars of tomorrow, you might ask. Where are these diamonds in the ruff? Some might say, "in your own backyard."

For decades, youth centers have given children a place to go. A home away from home for them to develop their minds and skills.

The RAF Lakenheath Youth Center offers a variety of programs of sports, after-school programs and even summer day camps.

The variety of sports contributes to the success of various youth centers around the world. But the sports programs don't run themselves. They need help from outsiders, volunteers.

In the Zone



Amn. Russ Martin
48th Fighter Wing
public affairs

"Volunteers are a very important part of the youth program, especially sports," said Karl Pfor, assistant director, youth activities certified youth sports administrator. "Without the volunteers to help coach, be commissioners and just help with other projects, the sports program would be nonexistent."

Ranging from martial arts classes to traveling basketball teams, children have their hands full with a variety of different activities.

"Most parents want their child to have a rewarding experience while playing sports," said Pfor.

"They also would like their child to get to meet new friends and have a cultural experience."

"The mission can only be successful if we take care of each other," said Col. Carl Van Pelt, 48th Fighter Wing commander. "Happiness for our airmen is knowing that wherever their families are, we work together as a wing to take care of them."

Leave your child in good hands

The RAF Lakenheath Youth Center offers a variety of art programs, a sports program for children five to 18 years old and more. Programs available are:

☐ Martial arts, gymnastics and dancing ballet, creative movement, dance team and more.

☐ A before and after school program and Summer day camp

☐ Basketball for boys and girls and also a co-ed program for ages 5-11, girls softball, baseball, T-ball, coach-pitch, senior league baseball for ages 14 to 18 years old, in-line hockey, indoor and outdoor soccer programs, flag football, start smart program for children three to five year old.

☐ Open recreation program

Volunteers are also needed to give some time to the base youth. Call 7-3735 for more information.



Ballet classes are some of the artistic development programs offered by the youth center. Other classes include creative movement and gymnastics.